

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

Department of Community Resources and Services

Volume 6, No. 9 • September 2016



A Message from
Howard County Executive

Allan H. Kittleman

Ellicott City continues what will be a long recovery from devastating flash flooding in late July that claimed two lives, significantly damaged dozens of

businesses and displaced many residents from their homes.

Though we continue to deal with a very dynamic situation in Ellicott City, we are focused on the future and seeing the town come back even better than before. In early August, we posted a video of the iconic clock at the foot of Main Street rising once again as a symbol of that promise.

Of course, an event of this magnitude will require recovery efforts over a long period of time involving the health, safety, welfare and property of residents in the affected area as well as the coordination of needed resources from county and state agencies and our local non-profit partners.

The United Way has generously agreed to accept the community's outpourings of monetary support to assist Ellicott City. Visit www.uwcm.org/ecstrong to make a donation for humanitarian relief on behalf of all those affected by the storm. Also, the Ellicott City Partnership established www.helpellicottcity.com strictly for business recovery efforts. The Community Action Council, which coordinates the Howard County Food Bank, is accepting food donations for displaced residents. These efforts will mean a great deal to the businesses and residents who are hurting from this tremendous loss.

Ellicott City and Howard County are strong and we know together we can get through this disaster. We are #ECSTRONG.

A Message from Office on Aging
and Independence Administrator

Starr P. Sowers

I want to share the news that Phyllis Madachy, the director of the Department of Community Resources and Services announced her plans for retirement this

summer, effective August 31. For more than four decades, Phyllis has dedicated her life to support community-based aging services in Howard County. She joined the Office on Aging in 1981, and served as administrator from 1995 to 2007. She was appointed Deputy Chief Administrative Officer for Howard County Government from 2007 to 2009 and was named director of our department in May 2015.

I met Phyllis in 1984 when I started working for the Office on Aging as a student intern. From the beginning, Phyllis served as my mentor, becoming my support system and my inspiration as we worked together for the benefit of County residents. In addition to sharing her knowledge, expertise, and dedication, Phyllis has always gone out of her way to share opportunities for growth and development with staff. She has an innate ability to ignite the passions of everyone within her reach, so that her passion has become ours, as we all continue to strive for the benefit of others.

Prior to being named director of our department, Phyllis also served on the County's Transition Team and the Task Force which proposed changes to the Department of Citizen Services. During the process, she worked tirelessly with County administration and our staff to keep the focus on what was most important — serving the community — while also identifying ways to make our offices operate more effectively. In the long run, working together made us stronger, and we will miss her extraordinary leadership. Best wishes from all of us!



Track Your Way to Better Health

In 2014, Mike Lee, a Senior Strategy Advisor for AARP, faced a major health crisis resulting in surgery to remove his thyroid. To aid his recovery, he realized he would need to make changes to his sedentary lifestyle, so he began walking, then jogging, and eventually running. By June 2015 Lee had shed 75 pounds and drastically improved his overall health. Along the way, Lee says he became "obsessed" with health tracking devices.

Now known as AARP's "Gadget Guy" Lee is helping to plan the future road map for AARP's digital presence outside of its website on mobile phones, tablets and other internet-enabled devices and services. He personally tests dozens of smartphone accessories such as health wearables and electronic reading tablets and shares his knowledge with others via his blog at www.aarp.org and in person at events all across the country.

The Office on Aging and Independence will welcome Lee as the featured speaker at this year's 50+EXPO on Monday, October 31, at Wilde Lake High School in Columbia.



continued on next page

Track Your Way to Better Health

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Lee's free presentation will be held at 10 a.m. in the Jim Rouse Theatre. "Tracking Wellness with Technology" will focus on using activity trackers such as FitBit, Misfit Shine, Apple Watch, Move Now, as well as phone apps and low tech mechanical pedometers. Lee will discuss the purpose of each device, how it can benefit your health, how to use each of the devices, and compare their differences.

Lee and AARP stress that the health benefits of moderate exercise (30 minutes a day five days a week) are many, and that one can be healthier at any weight. With the sustained and growing interest in wearables for health, many of the most popular devices now include heart rate monitors and GPS, can log foods by scanning bar codes, track sleep patterns, and remind wearers to get up and get moving after periods of inactivity. You can now choose your tracker based on your lifestyle preferences — for basic health, exercise and sport, or even fashion, as some vendors are now partnering with jewelry designers to create more elegant designs.

As the 50+EXPO's official Tech Demo Sponsor, AARP's booth and classroom on Main Street will include healthy tracker stations where attendees can get one-on-one assistance with their devices.

Visitors to the AARP booth can also purchase copies of AARP's *My Health Technology for Seniors: Take Charge of Your Health Through Technology* by Lonzell Watson, the first easy guide to understanding today's revolutionary health technologies, and how to use your computer, smartphone, and other devices to manage your health.



Together we are #ECSTRONG

In the wake of the devastating floods which ravaged Ellicott City, many have asked how they can assist in the recovery efforts.

Here are three ways you can help:

- Make a **CASH DONATION** to the United Way at www.uwcm.org/ecstrong for humanitarian relief.
- The Ellicott City Partnership will also accept **CASH DONATIONS** at www.helpellicottcity.com for relief efforts.
- **FOOD AND OTHER SUPPLIES** can be donated to the Community Action Council (on behalf of the Howard County Food Bank) for displaced residents. For details, go to www.cac-hc.org/food-donations-flood-victims/

Ellicott City and Howard County are strong! Together we can get through this disaster. Your support is greatly appreciated.

Our philosophy is simple so we can make access to our services simple.

NO WRONG DOOR.



Our offices **SHARE THE SAME CORE VALUES:**

- to serve multiple generations;
- tailor services to diverse cultural values; and
- promote full inclusion for individuals with disabilities

There are **SEVEN OFFICES TO SERVE YOU:**

- Office of ADA Coordination
- Office on Aging and Independence
- Office of Children and Families
- Office of Community Partnerships
- Office of Consumer Protection
- Office of Local Children's Board
- Office of Veterans and Military Families

Our **BOARDS AND COMMISSIONS** uphold the Department's core values:

- Board to Promote Self Sufficiency
- Commission for Veterans and Military Families
- Commission for Transitioning Students with Disabilities
- Commission for Women
- Commission on Aging
- Commission on Disability Issues
- Consumer Protection Advisory Board
- Local Children's Board

We take great pride in serving the Howard County Community.



The 50+ Connection is published monthly by the Howard County Office on Aging and Independence.

This publication is available in alternate formats upon request. To join our subscriber list, email kahenry@howardcountymd.gov

6751 Columbia Gateway Dr., Suite 200, Columbia, MD 21046
410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Find us on  [www.Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

Kim Higdon Henry, Editor
kahenry@howardcountymd.gov

Advertising contained in the Beacon is not endorsed by the Office on Aging and Independence or by the publisher.

New Limits on Telemarketers Help You Avoid Scams

Scammers want your money, but they don't want to get caught taking it.

That's why fraudulent telemarketers ask people to use payment methods that get your money to them quickly and aren't traceable.

However, it is now illegal for telemarketers to:

- ask for payment through a cash-to-cash money transfer — like those available through MoneyGram® and Western Union;®
- ask you to buy cash reload cards — like MoneyPak® and Vanilla Reload® — and then give them the PINs in order to access the money on the cards.

The Federal Trade Commission (FTC) amended the Telemarketing Sales Rule to ban these practices effective June 13, 2016. A telemarketer who asks you to use one of these payment methods is breaking the law.



It is also now illegal for telemarketers to ask for your bank account information for payment through a “remotely created check” that you never see or sign. If a telemarketer you don't know calls and asks for your bank account number for any reason, say “No” and hang up.

The Sales Rule also provides you with other protections, including:

- limits on when telemarketers can call and what they must tell you;
- limits on “hang-up” calls and rules about transmitting caller ID information;
- limits on robocalls; and
- the National “Do Not Call” Registry.

If you hear from telemarketers who don't follow the rules, hang up and immediately report them to the FTC or the Howard County Office of Consumer Protection at consumer@howardcountymd.gov or 410-313-6420 (voice/relay).

CONSUMER PROTECTION

We've got you covered.

Take Advantage of US Before
Someone Takes Advantage of YOU!



Howard County Office of
Consumer Protection

410-313-6420 (voice/relay)
consumer@howardcountymd.gov

www.howardcountymd.gov/consumer



★ TECHNOLOGY ★ INFORMATION ★ ENTERTAINMENT ★

50 PLUS EXPO

Howard County Office on
Aging and Independence

\$1 ADMISSION

\$5 CAPITOL STEPS*

2 SHOWS: NOON and 2:00 P.M.

All Admission and Show Proceeds Benefit the
Vivian Reid Community Fund for Older Adults

* suggested donation

COURTESY SHUTTLE from The Mall in Columbia
Only  accessible parking on-site at Wilde Lake HS

**MONDAY
OCTOBER 31**

9:00 AM - 4:00 PM

Wilde Lake High School

5460 Trumpeter Road, Columbia 21044

EVENT HIGHLIGHTS

- **10:00 a.m. Feature Presentation by AARP**
Tracking Wellness with Technology
- 170 Exhibitors
- **NEW!** Job Fair
- Flu Vaccines
- **NEW!** Tech-Savvy Seminars
- Health Screenings

410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

SEPTEMBER

SU	MO	TU	WE	TH	FR	SA
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Howard County 50+ Centers CALENDAR HIGHLIGHTS

Go to www.howardcountymd.gov/50pluscenters for a complete list of events, programs and services.

Bain 50+ Center

Thursday, September 8 • 10 to 11 a.m. –

Meet the Author: Michael Irving Phillips

Michael Irving Phillips will present his book "Leave the Rat Race to the Rats," a blue print for transforming American ghettos by tackling crime, policing and overcoming political impotence. FREE. RSVP: 410-313-7213.

Tuesday, September 13 • 11 a.m. to 12:30 p.m. –

Bain Crab Feast featuring the Just Us Band

Join us for summertime favorites – steamed crabs, Maryland crab soup, BBQ chicken, macaroni salad, coleslaw, cornbread and watermelon. Cost: lunch donation plus \$15/half dozen crabs. Register by September 6: 410-313-7213.

Tuesday, September 27 • 10:30 to 11:30 a.m. –

Validating and Liquidating Coin Collections

Meet Drage Vukcevic, a coin collector since 1965, to take stock of your coin collection. Learn about the types of coins you have, how to approximate their value and determine which to keep and which to sell. FREE. Register: 410-313-7213.

Tuesday, September 27 • 1:30 to 2:30 p.m. – **Zumba Party**

Celebrate Senior Center Month and Active Aging Week with a Zumba Party. Meet Professional Instructor, Denere Hilton, and her students and join in a few Zumba Gold dances. RSVP: 410-313-7213.

Friday, September 30 • 11 a.m. to noon – **Bain's Got Talent!**

If you think America's Got Talent, then come see what great talent we have at the Bain 50+ Center. Join us for a show filled with music, singing and dancing. RSVP: 410-313-7213. FREE. Light refreshment served..



Stronger. Better. Healthier. YOU!

Ellicott City 50+ Fitness Center

9411 Frederick Road, Ellicott City 21042
410-313-0727 • www.howardcountymd.gov/aging

Join Your Peers! Exclusively serving individuals age 50 and over!

A G050+ FITNESS PACKAGE offers 4 locations to get your fitness on!
RESIDENT: \$75/YEAR • NON-RESIDENT: \$100/YEAR

Plus, purchase a GROUP EXERCISE PASS for access to 16 weekly, instructor-led, classes at the Ellicott City 50+ Fitness Center!
\$125 QUARTERLY

Take advantage of this easy, affordable, specialized attention to YOUR health and wellness. It's geared to YOUR ability and goals.

Share the ❤️ of Your 4-legged Friend



2016 PET EVALUATIONS AT 7:00 PM ON:
Sept 1 • Oct 6 • Nov 10 • Dec 1

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

Ingrid Gleysteen PROGRAM COORDINATOR

PHONE 410-313-7461 (voice/relay)

EMAIL igleysteen@howardcountymd.gov

East Columbia 50+ Center

Friday, September 9 • 1 p.m. – **Pokémon Go-Let's Go!**

What has everyone excited? What has them out walking and chasing little Pokémon? Join us with your smart phone and we will get you started! FREE. Register: 410-313-7684.

Wednesdays, September 14-28 • Noon to 2 p.m. –

Creative Adventures Camp

East Columbia 50+ and Camp IO present an Adults Only Day Camp! Join us for week #1: Crazy Kitchen Concoctions; week #2: The Science of Art; and week #3: The Science of Magic. Cost: \$48 for all 3 sessions. Register: 410-313-7684.

Wednesday, September 14 • 1 p.m. – **To Health!**

Meet nutritionist, Karen Basinger, MS, CFCFS, LDN, whose topic this month will be "How to Avoid Stress Eating." FREE. Details: 410-313-7684.

Six Fridays, starting September 14 • 9 to 10 a.m. (beginners); 10:30 a.m. to 12:30 p.m. (advanced) –
Creative Writing Returns!

Learn the building blocks of writing and stretch your imagination! If you enjoy putting pen to paper, then this creative workshop is for you! Cost: Beginners \$64; Advanced: \$116. Register: 410-313-7684.

Tuesday, September 27 • 1 p.m. –

Clutter Busters

Come to our monthly meetings for minimalist aspirations. This month's presentation is a Zero Waste Lifestyle. FREE. Register: 410-313-7684.

If you need an interpreter or other accommodations to participate in an event, contact the 50+ Center hosting the event one week in advance.

Elkridge 50+ Center

TEMPORARY LOCATION: **5660 Furnace Avenue, Elkridge 21075**

Friday, Sept. 9 • 10 a.m. to noon – **iPhone Class**

Learn how to use your smart phone and enjoy all the wonderful benefits of technology which can make your life much easier. Register: 410-313-5192.

Monday, Sept. 12 • 10:30 a.m. to noon – **Baltimore Zoo**

The Baltimore Zoo will bring several exciting animals to the center for us to see and learn about. Bring your grandchildren! FREE (donations accepted). Details: 410-313-5192.

Wednesday, Sept. 14 • 10:30 to noon – **Aromatherapy**

Relax and embrace the health benefits of many wonderful scents. Cost: \$5/person (includes a light lunch). Register: 410-313-5192.

Friday, Sept. 16 • 10:30 a.m. to 2 p.m. – **Crab Feast**

Feast on fresh, hot, Maryland crabs along with BBQ chicken, Maryland crab soup, slaw and other side dishes, and enjoy the sounds of Larry Scott on the keyboard. Cost: \$20/person. Register: 410-313-5192.

Thursdays in Sept. • 11 a.m. to 1p.m. –

The Origin and History of the Bible

Join bible scholar Thelma Carter for an interesting and inspiring journey through the oldest book in the world! FREE. Register: 410-313-5192.

Ellicott City 50+ Center

Friday, Sept. 9 • 1 p.m. – **Billy Finch Comedy Show**

This program highlights the personalities and voices of Sinatra, Martin, Armstrong, Charles, Elvis and more. FREE. Details: 410-313-1400.

Tuesday, Sept. 13 • 12:30 p.m. – **Low Down Throw Down**

Calling all trivia buffs: join us for a Jeopardy®-style game that will challenge your brain. FREE. Sign up at the front desk by September 9.

Thursday, Sept. 15 • 12:30 p.m. – **Olde Golde Music**

Spend an afternoon listening to the sounds of singer Larry & keyboardist Jim as they perform songs of the past. FREE. Details: 410-313-1400.

Wednesday, Sept. 28 • 12:30 p.m. – **Two for the Show**

Stop by the center to hear these fabulous performers, Paula and Tom. The duo's musical talent promises an afternoon of great entertainment. FREE.

Thursday, Sept. 29 • 10 a.m. to noon –

Fall Prevention Screening with Revive PT

Each year 2.5 million older adults are treated in emergency rooms for fall injuries. A physical therapist will have you perform simple balance tests to assess your balance. FREE. Register: 410-313-1400.

Friday, Sept. 30 • 11 a.m. – **The Daring Way Workshop**

A personal enrichment program that explores vulnerability, courage, shame and worthiness; based on the research of Brene Brown. FREE.

Glenwood 50+ Center

Tuesday, Sept. 20 • 1 p.m. – **Save like a Pro**

Learn how to use Groupon, Living Social, Ebates, Extra Days and other easy methods to save money! FREE. Register: 410-313-5440.

Fridays, Sept. 23, 30 and Oct. 7 • 10 a.m. to noon – **History of Women's Fashion: From Underwear to Outerwear**

Join instructor Barbara Blumberg for an in-depth series to learn how fashion fads and trends came to be. FREE. Register: 410-313-5440.

Monday, September 26 • 9 a.m. to 2 p.m. –

Kickoff to Active Aging Week

Start with an oatmeal bar in the lobby, then join us for a walk on the trails through Western Regional Park, followed by cornhole on the back patio. Register: 410-313-5440.

Tuesday, Sept. 27 • 1 p.m. – **Before the Plumber Arrives**

Learn simple and quick fixes you can try at home before calling a repairman. Presented by Carl Hood, a local engineer and handyman, who loves sharing his tricks of the trade. FREE. Register: 410-313-5440.

Thursday, Sept. 29 • 10 a.m. to noon –

A Decluttering Game Plan Lunch and Learn

Join Elspeth Bell, PhD, for this lunch and learn as she shares decluttering tips. Elspeth will stay for the buffet lunch of salads, sandwiches, dessert and drink. Cost: \$7/person. Register by Sept. 27: 410-313-5440.

Friday, Sept. 30 • 11:30 a.m. to 1 p.m. – **Margarita Party**

Rex Allan will start the day off with Jimmy Buffet music and dancing on the patio, followed by lunch (salad, Margarita chicken with mango salsa, dessert and mocktails). Cost: \$8. Register by Sept. 28: 410-313-5440.

North Laurel 50+ Center

Thursday, Sept. 15 • 11:15 a.m. to noon – **Balance 101**

Learn exercises to improve posture, strength and hand-eye coordination for better balance, and get a better understanding of risk factors that cause falls. Cost \$5; register by Sept. 8: 410-313-0380.

Wednesday, Sept. 21 • 11 a.m. to noon –

Nuts & Bolts in Estate Planning

Get your assets and affairs in order with free information about estate planning, an important tool that can make life much easier for you and your family. Register: 410-313-0380.

Wednesday, Sept. 28 • 11 a.m. to 1 p.m. – **Bluegrass & BBQ**

This social event features food from Famous Dave's and live music by the local Savage Bluegrass Band. Cost: \$12; call 410-313-0380 for tickets.

Friday, Sept. 30 • 9:30 to 11 a.m. – **Art Jewelry Workshop**

Learn basic jewelry making techniques to design a beaded bar necklace using a variety materials. Cost: \$8; includes materials and instruction. Register by Sept. 28: 410-313-0380.



A Partnership of the
Howard County Office on Aging and Independence
and Office of Workforce Development

Workforce Consultants, Brenda Guild and Joanie Green Washington, conduct this workshop to help older adults explore the challenges they may encounter searching for employment. Discover new technologies and fine-tune your networking skills. FREE; register by phone or email.

Monday, September 12 • 10 a.m. to 1 p.m.

North Laurel 50+ Center

410-313-0380 • northlaurel50@howardcountymd.gov

Friday, September 23 • 9 a.m. to noon

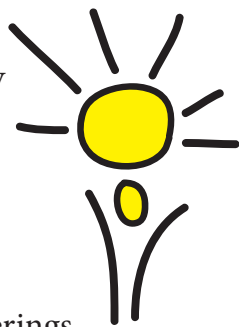
Bain 50+ Center

410-313-7213 • bain50@howardcountymd.gov

Living Well with Diabetes Now Offered in Spanish

National Hispanic Heritage Month is an occasion to celebrate, and the Howard County Office on Aging and Independence recognizes the contributions made by Hispanic and Latino Americans in the United States.

As an effort to reach out and serve these growing populations in Howard County, we are excited to announce that we have expanded our program offerings to include a **Programa de Manejo Personal de la Diabetes** (Living Well with Diabetes workshop delivered in Spanish).



As an Office, we will continue to offer opportunities for non-English speaking individuals to benefit from services and programs that impact overall population health in the community.

Living Well was developed at Stanford University to help people with chronic conditions live healthier lives. The 6-week program brings together people with type 2 Diabetes, prediabetes and/or their caregivers and teaches the skills needed in the day-to-day management of this health condition.

Although Howard County is considered one of the healthiest Counties in Maryland, significant chronic health challenges persist. As an Office, we will continue to offer opportunities for non-English speaking individuals to benefit from services and programs that impact overall population health in the community.

Programa de Manejo Personal de la Diabetes will be offered at the North Laurel Community Center, located at 9411 Whiskey Bottom Road, Laurel, MD 20723. The group will meet on Saturdays, from September 17 through October 22 from 9:30 a.m. to noon. The cost for the full 6-week session is \$28, which includes all materials. For more information or to register, contact Carmen Faye at 410-313-0380.

Quality of Life Services for Older Adults, their Families, Caregivers, and Adults with Disabilities

Maryland Access Point

**SAME GREAT SERVICES
NEW LOCAL PHONE NUMBER**

410-313-1234

VOICE/RELAY



Howard County

MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

TOLL FREE

844.627.5465 (844-MAP-LINK)

Contact Us TODAY!

EMAIL

map@howardcountymd.gov

WEBSITES

www.howardcountymd.gov/aging

www.marylandaccesspoint.info



Howard County Office on

Aging and Independence

- Caregiver Support
- Long Term Supports Planning
- Medicare Counseling
- Guardianship/Ombudsman
- Home Modification/Repair
- 50+ Centers
- Social Day Programs
- Wellness Programs
- and more!

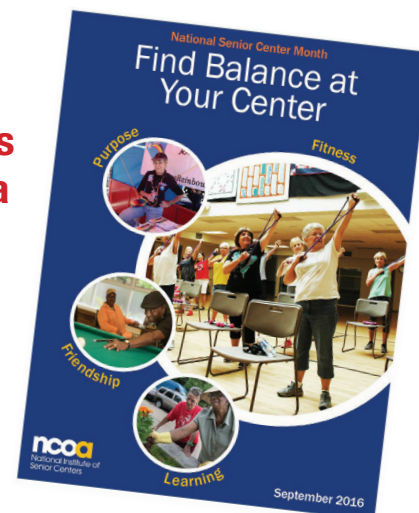
Find Balance During National Senior Center Month

National Senior Center Month is an opportunity to showcase Howard County's 50+ Centers and promote a positive image of aging.

The 2016 theme —

Find Balance at Your Center

recognizes the fact that older adults can achieve a greater sense of balance in their lives, and enhance their overall well-being by engaging in physical activities and positive social interaction on a daily basis.



**Find your balance by visiting a
Howard County 50+ Center near you:**

BAIN 50+ CENTER

5470 Ruth Keeton Way, Columbia

410-313-7213 • bain50plus@howardcountymd.gov

EAST COLUMBIA 50+ CENTER

6600 Cradlerock Way, Columbia

410-313-7680 • eastcolumbia50plus@howardcountymd.gov

ELKRIDGE 50+ CENTER

TEMPORARY LOCATION: 5660 Furnace Ave., Elkrige

410-313-5192 • elkrige50plus@howardcountymd.gov

ELLCOTT CITY 50+ CENTER

9401 Frederick Road, Ellicott City

410-313-1400 • ellicottcity50plus@howardcountymd.gov

GLENWOOD 50+ CENTER

2400 Route 97, Cooksville

410-313-5440 • glenwood50plus@howardcountymd.gov

LONGWOOD 50+ CENTER

6150 Foreland Garth, Columbia

410-313-7217 • longwood50plus@howardcountymd.gov

NORTH LAUREL 50+ CENTER

9411 Whiskey Bottom Road, Laurel

410-313-0380 • northlaurel50plus@howardcountymd.gov

For a complete list of events,
programs and services, visit
www.howardcountymd.gov/50pluscenters

START LIVING WELL TODAY!

DIABETES and other **CHRONIC CONDITIONS** can be managed with our evidence-based, self-management **LIVING WELL PROGRAM**. Participants can experience positive health outcomes, as well as reduce health complications and the need for emergency care.

Living Well: Take Charge of Your Health
10:00 am – 12:30 pm

Living Well with Diabetes
1:30 – 4:00 pm



**Medical Pavilion at Howard County
Wellness Center, Columbia Conference Room**
10710 Charter Dr., Suite 100, Columbia, MD 21044

September 30 thru November 4, 2016

\$28 includes 15 hours of workshop and materials

To achieve the most benefits from this program, we encourage a commitment to attend all six sessions.

Contact: Jennifer Lee at **410-313-5940** (VOICE/RELAY) OR
jlee@howardcountymd.gov



www.howardcountymd.gov/aging



WEEKLY GROUP SCHEDULE

TUESDAY

LOW VISION SUPPORT • 10:00 a.m. • BAIN 50+ CENTER
share ideas and learn how to maintain independence

THURSDAY

ZOOM-IN • 10:00 a.m. • BAIN 50+ CENTER
discussions on a variety of topics and view thought-provoking videos

MENS FORUM • 10:00 a.m. • ELLICOTT CITY 50+ CENTER
share stories, ideas and life experiences

NEWS TALK • 10:00 a.m. • NORTH LAUREL 50+ CENTER
discussion group focusing on current news and events

BRAIN TEASERS • 12:30 p.m. • BAIN 50+ CENTER
challenge your mind and strengthen your memory

FRIDAY

TRENDERS • 10:00 a.m. • BAIN 50+ CENTER
discussion group with a loosely-structured agenda



For additional information, contact Karen Hull
410-313-7466 (VOICE/RELAY) OR **khull@howardcountymd.gov**

Through the Decades A Benefit for Neighbor Ride and the Vivian L. Reid Fund



The Coalition of Geriatric Services
invites you to an evening of dinner, dancing
and entertainment to benefit Neighbor Ride and
the Vivian L. Reid Community Fund

Friday, September 30, 2016 • 6 TO 10 PM

The Great Room at Historic Savage Mill
8600 Foundry Street, Savage, MD 20763

TICKETS: \$85/PERSON

Purchase tickets online at **www.cogsmd.org**
or send a check made payable to COGS to:

Neighbor Ride
5570 Sterrett Place, Suite 102, Columbia, MD 21044

55 yrs+ CLASSES & ACTIVITIES

Aquatics

• Enjoy the warm water of a therapeutic pool for these three classes.

Open Swim

Come workout or relax. Exercise accessories available.

Classes: 8 Cedar Lane School

RP3518.101 Oct 1 10:30am-12:30pm Sa \$56

Therapeutic Aqua Dancercise

Enjoy upbeat music with the resistance of water to get an incredible workout. Includes cardio, dance-based movements. (No class 11/8.)

Classes: 8 Cedar Lane School

RP3520.101 Sep 20 6-7pm Tu \$72

Therapeutic Water Exercise

Enjoy low-impact exercise with group instruction. (No class 10/3, 10/12 & 10/31.)

Classes: 8 Cedar Lane School

RP3519.101 Sep 19 6:15-7:15pm M \$72

RP3519.102 Sep 21 6-7pm W \$72

Crafts & Fine Arts

• Recommended supplies for classes are an additional cost.

Artful Journaling Club

Create journal pages that combine creative writing and decorative art using a variety of media. This is a participant-run club; no instructors present.

Classes: 12 Bain Ctr

RP0305.101 Sep 1 9:30am-noon Th \$15

Creative Expressions

Learn, practice and improve your artistic skills. Beginners to advanced painters, explore drawing and painting with instructor Barbara Floyd.

Classes: 8 Bain Ctr

RP0306.101 Sep 15 1:15-3:45pm Th \$70

Drawing & Painting with Zina

Beginners, learn to draw with right-brain techniques, discuss design and color theory and begin painting by the 10th class. Advanced painters, become motivated by art history, artist demonstrations and projects designed to inspire.

Classes: 14 Gary J Arthur Comm Ctr

RP0302.101 Sep 12 10am-noon M \$110

RP0302.102 Sep 12 1:15-3:15pm M \$110

NEW! Watercolor Basics Very Beginner with Carol Zika

This mini-course is a prerequisite for Watercolors with Carol Zika. Learn basic techniques of painting with transparent watercolors, about paper, brushes and paint, brush calisthenics, washes, glazing and color mixing.

Classes: 3 E. Columbia Lib

RP0307.101 Sep 9 1-3:30pm F \$30

Watercolors with Carol Zika

A painting class for those who completed Watercolor Basics Very Beginner and those with previous watercolor experience. (No class 10/21, 11/25.)

Classes: 10 E. Columbia Lib

RP0303.101 Sep 30 1-3:30pm F \$100

Information: Cathy Vigus, 410-313-7311 or
cvigus@howardcountymd.gov

Registration: 410-313-7275 (voice/relay),
www.howardcountymd.gov/rap or
7120 Oakland Mills Road, Columbia, MD 21046.



It's Time to Review Your Medicare Plans... Again

By Bill Salganik, Counselor, Howard County
State Health Insurance Assistance Program (SHIP)

Yes, it's that time again: **Medicare Open Enrollment** runs October 15 to December 7. Even if your Medicare prescription plan or your Medicare Advantage (HMO or PPO) plan is working fine for you, you should review it for next year.

Each year, the insurance companies can – and do – change their premiums, copays, deductibles, and list of covered drugs. Some plans close, and new ones enter. And, your own needs can change. The plan that worked well for you in 2016 may not work for you in 2017. People have saved hundreds of dollars and avoided problems by switching plans. And if your current plan still works well in 2017, you don't need to take any further action.

During open enrollment, you can pick a new plan or sign up for a plan if you don't have one. Changes take effect January 1, 2017.

Assistance is available from the State Health Insurance Assistance Program (SHIP) in Howard County. Sign up for a one-on-one counseling session; SHIP sees clients by appointment at the Bain, Ellicott City, Glenwood and North Laurel 50+ Centers. SHIP also conducts seminars, including one that will teach you to use the Medicare website to do your own review.

To get information or schedule an appointment, call the Howard County SHIP office at 410-313-7392.

A NEW EVIDENCE-BASED PROGRAM FOR CAREGIVERS

Powerful Tools FOR Caregivers

Are you a caregiver, or do you know someone who is? The Howard County Office on Aging and Independence and the Caregiver Support Program is excited to introduce Powerful Tools for Caregivers (PTC), a new, evidence-based program designed with the caregiver's well-being in mind.

This six-week series of 90-minute classes will offer caregivers opportunities to explore a variety of self-care tools in a supportive environment.

These self-care tools will help you:

- reduce personal stress
- change negative self-talk
- communicate more effectively in challenging situations
- manage your emotions
- make tough caregiving decisions

Caregivers who have participated in the program found that it improves self-care behaviors in terms of relaxation, exercise and their own physical and mental well-being. The program also helped them better manage their emotions, increased confidence in their ability to meet caregiving demands, and improved their ability to seek out and utilize community resources.

If you or someone you know is a caregiver, we encourage you to take advantage of this new program. Our goal is to improve the lives of caregivers as well as the care recipients through outreach, conversation, training and resources.

Powerful Tools FOR Caregivers

September 8 through October 13

3:00 to 4:30 p.m. (six consecutive Thursdays)

North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel 20723

Fee of \$30 covers all materials

— FOR MORE INFORMATION OR TO REGISTER —

Kathy Wehr, Caregiver Support Program Manager
410-313-5955 (VOICE/RELAY)

On-site respite is available; arrangements can be made when registering.

If you need accommodations to attend, call at least one week before the first session.

A forum for men to find support and
MEET ■ SHARE ■ LEARN



Man to Man

PROSTATE CANCER SUPPORT GROUP

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

Meets 3rd Thursday of Each Month

6:30 – 8:15 p.m.

NEXT SESSION BEGINS SEPTEMBER 18

Prostate cancer affects one in six men. The physical and emotional issues surrounding the disease are not limited to diagnosis and treatment. **The journey is different for everyone.**

Presented by the Howard County Office on Aging and Independence, **Man to Man** offers confidential support and education. Guest speakers include doctors, health care practitioners and survivors, who address issues such as treatment options, side effects and practical guidance.

For additional information, contact Gary Scher at
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